

MIND YOUR HEAD

Tuesday, 20 March 2018 marks World Head Injury Awareness Day – a day dedicated to the prevention of head injuries. Head injuries may be as mild as concussion to debilitating, severe brain injuries. ER24 offers some recommendations, at work and home, of how to protect your head and reduce accidents and brain injury:

Strap children under three years old (or less than 21kg) in a SABS approved car seat.



Always wear a helmet when on a bicycle, motorcycle, scooter or when horse riding.



Buckle up.



Provide adequate lighting on stairs and rails to hold on to.



Never drive under the influence of alcohol or drugs.



Provide the correct safety equipment for workers.



A FEW MORE IMPORTANT TIPS:

- Do not place obstacles in pathways.
- Avoid contact sport until fit to return after a concussion.
- Place bars on high windows and secure balconies to avoid children falling from a height.
- Be gun safe.